



2006 Information

WELCOME TO THE BRYAN BARRACUDAS!!

The City of Bryan Parks and Recreation Department offers a recreational summer swim team experience from April through July for youngsters zoned to the Bryan Independent School District. Boys and girls ages 6-18 who can complete one length of the 25 yard pool are welcome to swim with the Barracudas! (The Bryan Barracudas will work closely with the Bryan Parks and Recreation Department to ready those children who cannot yet complete one length of the pool).

The Bryan Barracudas is a non-profit summer swim team and a member of the Northwest Aquatic League (NWAL). The NWAL consists of more than 95 teams primarily in the Harris and Montgomery County areas. The teams are grouped for competition into 18 divisions according to size and capability. NWAL provides coordination, establishes and enforces rules and regulations, assigns teams to divisions, sets meet schedules, and trains officials. League officers and committee members are chosen from the team representatives.

The Bryan Barracudas compete with other swim teams in division 18 each Saturday. Division 18 includes the College Station Tsunamis, Navasota Mudcats, Brenham Dolphins, Huntsville Lakers and High Meadow Ranch swim team.

Only children who are zoned to Bryan ISD schools or live in a town that doesn't have an NWAL team (i.e. Caldwell) are eligible to swim with the Barracudas, per the NWAL rules.

2006 FEES

First Child	\$80.00
Second Child	\$70.00
Third Child or more	\$70.00 each

These fees include practice time with qualified coaches from April 17th through July 27th, a team t-shirt and a team trophy. (A child is required to swim at least three (3) meets to qualify for the team trophy). All payments should be made to "The City of Bryan".

2006 TEAM SWIM SUIT

Our team suit for the 2005 and 2006 seasons is called the Speedo Euphoria - a picture of our team suit is located on our website. (Our team colors are blue, silver and white). The cost for our suits this year is \$39.00 for female suits and \$25.00 for male jammer suits. This suit will be available to purchase through the 2006 season. Sizes start at 22 and go up to 38. Suits will be available from our suit vendor, Lane Four Swim Shops, during regular practice times for purchase.

2006 PRACTICE SCHEDULE

Practices for the 2006 season will start on Monday, April 17th at the Bryan Aquatic Center. The practice schedule will be at the following times.

Monday, April 17th through Friday, May 26th (Monday through Friday) at the Bryan Aquatic Center:

	Evening Practice Times:
Group #1	5:30pm-6:45pm
Group #2	6:45pm-8:00pm

Swimmers may come to either practice group. The Head Coaches will divide the swimmers in the pool based on their age and ability for each practice group. Practices for younger swimmers may not last the entire time listed above.

Monday, May 29th – Thursday, July 27th (Monday through Thursday) at the Bryan Aquatic Center:

Swimmer's Age:	Morning Practice Time:	Evening Practice Time:
10&Unders:	7:30am-8:30am	5:30-6:30pm or 6:30-7:30pm
	8:30am-9:30am	
	9:30am-10:30am	
11&Overs:	7:30am-8:45am	5:30-6:45pm or 6:45pm-8:00pm
	8:45am-10:00am	

**** The evening practice is provided as a convenience only for swimmers who cannot attend morning practices and are NOT for swimmers to attend double practices. Due to pool space swimmers are encouraged to attend morning practices if possible. The size of evening practice may need to be limited. ****

WEATHER ALERTS – Please be aware that if there is thunder and/or lightening in the area the swimmers will not be allowed to enter the water for safety reasons. If the weather is uncertain on the afternoon of a practice, please contact the Bryan Aquatic Center at 209-5222 for instructions on practice availability.

2006 SWIM MEET & EVENT SCHEDULE

Below is the swim meet and special event schedule for 2006. All swimmers are encouraged to participate in all dual meets. Meets will be on Saturday mornings and will start at 8:15 a.m. or 8:30 a.m. The length of the meet will vary depending on the number of swimmers entered from each team.

REGULAR SEASON EVENTS AND MEETS

Saturday, May 13th – Team Time Trials at Bryan Aquatic Center
Friday, May 19th – Team Picture Day and Pep Rally at Bryan Aquatic Center
Saturday, May 20th Barracudas AT High Meadow Ranch
Saturday, May 27th Barracudas HOME against Brenham
Saturday, June 3rd – Barracudas HOME against Huntsville
Saturday, June 10th Barracudas AT Navasota
Saturday, June 17th Barracudas HOME against College Station

DIVISIONAL AND INVITATIONAL MEETS

Sunday, June 18th Pentathlon in Houston
(for any qualifying swimmers)
Saturday, June 24th Divisionals AT Navasota
(swimmers must have participated in a minimum of 2 regular season meets)
Saturday-Sunday, July 1st-2nd Invitational Meets in Houston – Ponderosa & Red, White & Blue
(all swimmers that achieve qualifying times will be eligible)
Saturday, July 8th TAAF Regional Championships AT Bryan
Friday-Sunday, July 28th-30th TAAF State Games of Texas Swim Meet in Cedar Park, Texas
(for any qualifying swimmers)

MEET LOCATIONS AND DIRECTIONS

Bryan Barracudas Aquatic Center
3100 Oak Ridge Drive, Bryan, Texas 77802
979-209-5222

From Highway 6, take the Briarcrest exit and turn east onto Briarcrest. Turn left at Oak Ridge Drive just past the Super Wal-Mart. The Bryan Aquatic Center is located behind the Super Wal-Mart in Bryan, across from Bryan High School.

College Station Tsunamis Middle School Natatorium
900 Rock Prairie Road, College Station, Texas 77845
979-764-5554

From Highway 6, take the Rock Prairie Road exit. Follow Rock Prairie Road east. Pass the Medical Center (on the left) and the soccer fields. The Natatorium is located at the College Station Middle School - enter the first driveway past the soccer fields. The natatorium is in the back left corner of the school.

Brenham Dolphins Blue Bell Aquatic Center
1800 East Tom Green, Brenham, Texas 77833
979-337-7250

The Blue Bell Aquatic Center is located across the street from the Blue Bell Ice Cream Factory. From Bryan, take Highway 6 South toward Navasota. In Navasota, turn onto Highway 105 west toward Brenham and as you approach Brenham, take a left onto Highway 577 (also known as Tom Green). Go about one mile and the Blue Bell Aquatic Center will be on the right, just past the Blue Bell Creamery.

Navasota Mudcats Aquatic Center
302 Brule Drive, Navasota, Texas 77868
936-825-2411

From Bryan, take Highway 6 south to the first Navasota exit. Go to first stop light (about 2 miles) and turn left onto Washington Avenue. Turn left at the first light onto Brosig Street (Take One Video is on the left). Go past the intermediate school and the pool is on left hand side of the street. Parking is on street or in the lot by the football field.

High Meadow Ranch

Houston-Pentathlon Meet

Klein Forest High School, 11400 Misty Valley, Houston, Texas 77066

From Bryan, take Highway 6 to Highway 290 towards Houston in Hempstead. As you approach Houston, take the FM 1960 exit and turn left (North-East) onto FM 1960. Continue for 6-1/2 miles and turn right onto Champions Forest Drive. Turn left onto Bammel North Houston Road. The pool is on the left hand side of the road.

Houston-Ponderosa Meet

Klein Collins High School, 20811 Ella Boulevard, Spring, Texas 77388

From Bryan, take Highway 6 to Highway 290 towards Houston in Hempstead, and then exit at FM 2920. Continue on FM 2920 for approximately 28 miles. Turn right onto Falvel Road. Falvel Road will turn into Ella Boulevard within 3/4 of a mile. Klein Collins High School is on Ella Boulevard.

Houston-Red, White, and Blue Meet

Cypress Springs High School, 7909 Fry Road, Cypress, Texas

From Bryan, take Highway 6 to Highway 290 towards Houston in Hempstead. As you approach Houston, take the Barker Cypress Road exit and turn right. Drive to Highway 529 and then turn right at the light onto Fry Road. The school will be on your left shortly. Park in front of or behind the natatorium, not in front of the main building.

PARENT INVOLVEMENT

A very important part of the Barracudas' success has been parent participation. We need everyone's help in order to enjoy another successful season. Attached to every registration form is a list of jobs that must be filled at every home swim meet.

Those jobs and a brief explanation are below:

READY BENCH - Help organize swimmers into heats before each event (3 needed at each meet)
RIBBON WRITERS - Place labels on ribbons during the meet (2 needed at each meet)
RUNNERS - Carry time cards to scoring table; post results; distribute water to officials during meet (2 needed at each meet)
COMPUTER OPERATOR – runs the computer during the meet, entering in times and printing off results (1 needed at each meet)
COMPUTER HELPER – assists the operator with entering times into the computer during the meet (1 needed at each meet)
TEAM PARENT - Check in swimmers before meet, supervise age group (2 needed at each meet)
AGE GROUP PARENT – Responsible for one age group at each swim meet, ensures all swimmers in that age group get to the ready bench on time (2 needed for 6&Under, 2 needed for 7-8's, 2 needed for 9-10's)
HEAD TIMER - assist the lane timers by starting 2 watches with every race (1 needed at each meet)
* <u>STARTER</u> - Announces and starts each event
* <u>STROKE & TURN JUDGE</u> - judges if a swimmer is swimming a legal stroke

Training classes to be a Stroke and Turn Judge, Clerk of Course or to upgrade your Stroke and Turn to a Referee will be offered on Tuesday, April 18th at 7:30pm. The class will be held at the College Station Conference Center and there is no cost. The only prerequisite is the willingness to learn and help your child!! If you plan on attending the class please contact Shannon Clark at 979-776-1155 or through e-mail at seclark@txcyber.com.

In addition to the above, parents will be required to volunteer to time during meets, both home and away.

FREQUENTLY ASKED QUESTIONS

The purpose of our swim team is to foster competitive youth swimming and to provide instruction in competitive swimming skills in a supportive atmosphere with good sportsmanship that is conducive to proper social and physical development of our youth. We want each child to develop his/her physical and mental stamina while setting their own personal goals and finding out what it takes to reach those goals. Basically we want to exercise and have fun with our friends. Let's try to keep the pressure down and let our young swimmers progress individually as they develop a team spirit that will carry them down the road. We don't want to burn them out early. We have awesome potential to be a really strong team as our large number of young swimmers move into the older categories.

ELIGIBILITY

Swimmers are expected to be water safe and be able to get to the opposite end of the pool. PLEASE NOTE: THE COACHES ARE NOT HIRED TO PROVIDE SWIM LESSONS FOR BEGINNERS, BUT TO PROVIDE COMPETITIVE SKILL INSTRUCTION ACCORDING TO AGE GROUP. For our youngest swimmers, please take into consideration it is ability, not age, that permits the youngest swimmers to enter. Most swimmers are at least 6 years old.

If your child is not quite ready yet, please let us know so we can help you make other arrangements for lessons. The City of Bryan offers a learn to swim program.

Only NOVICE swimmers may participate in summer league swimming. A NOVICE is any individual up to and including 18 years of age who has not participated in USA competition from the beginning of the NWAL Summer Season until the end of the NWAL Season. (NWL season begins May 19th.) This rule is not intended to preclude any type of organized practice.

Eligibility for an age group is determined by an individual's age as of May 31st. The following age categories are defined by the NWAL:

- 6 & Under
- 7 to 8
- 9 to 10
- 11 to 12
- 13 to 14
- 15 to 18

ATTENDANCE:

Swimmers are encouraged to regularly attend practice. The more a swimmer attends the better he/she will become. If going out of town, please notify the coach by dropping a note in the coach's box or sending an e-mail.

COMMUNICATION:

The forms rack located in the front guard office at the Bryan Aquatic Center is one line of communication. This rack will be available at each of the practices. Each Tuesday, files will be updated and also any unclaimed Place Ribbons your child may have earned at the meet that previous Saturday will be located in the rack. Coaches will also have a file, so please keep them informed of any information they need to know. Be sure to check this rack on a regular basis to stay informed of any upcoming announcements.

We also use a team email list to send out information and reminders during the week. Please be sure to keep your e-mail address updated with the Team.

Finally, our website is located at <http://www.bryantx.gov/departments/parks/aq/st.htm> (click on Aquatics-Swim Team). Included on this website is general team information, meet schedules and results, practice schedules, newsletter information, photos, team records, swimmer highlights and much more. This site is updated nearly daily during swim season - so mark it as a favorite during the season!

TEAM RULES

1. It is required that all swimmers leave the fenced-in area with a responsible adult immediately following their practice time unless assigned a specific job to help others.
2. Swimmers should not arrive early and hang around the enclosed area prior to their practice time.
3. No one but practicing swimmers may be in the water, and no one is to be in the wading pool during practice.
4. There is no running and no diving into the shallow end ever.
5. Coaches and team reps are permitted to discipline swimmers who do not comply. This may result in a swimmer being removed from practice or a swim meet until we can meet to discuss further actions.
6. Aquatic Center bathrooms have public access, as do most pools we visit. We highly encourage parents to escort their younger children. Older swimmers should take a buddy on their bathroom visits.
7. Check the website or forms rack for maps to meets, team information, ribbons, and other information.
8. No pets are allowed inside the Aquatic Center Pool fence.
9. Each pool we visit has slightly different rules. Please respect their rules and help leave their areas clean.
10. Never leave a meet without notifying a Coach. You may be leaving before your last event, or you may be needed for a relay.

CONTACT INFORMATION:

Team Website:			http://www.bryantx.gov/departments/parks/aq/st.htm (click on "Aquatics-Swim Team")
Coaching Staff:	Brett Ruoff		
	Amy Allen		
	Chris Gibson		
Program Manager:	Shannon Clark	979-776-1155	seclark@txcyber.com or sclark@bryantx.gov
Aquatics Manager:	Ashley Bennett	979-209-5222	abennett@bryantx.gov
Bryan Aquatic Center:		979-209-5222	
NWAL			www.nwal.org/

If a swimmer or parent has a problem or concern it should be addressed to the Coaches or Shannon Clark or Ashley Bennett. However, practice sessions are not to be used for parent/coach discussions. Any parent who wishes to speak with a coach may do so by contacting him/her at one of the phone numbers or e-mail addresses above or by leaving him/her a note in the coach's box at the BAC and requesting a phone call or an e-mail.

SWIM MEET INFORMATION

MEET DEFINITIONS

Dual Meet – A meet against the Bryan Barracudas and one of six (6) other teams in our NWAL Division 18. Swim meets are held on Saturdays. Warm-ups for the swimmers begin at 7:15am and the meets usually start at 8:15am. Most meets will end by 2:00pm.

Divisional Meet – The culmination of all the dual meets, with all six (6) of our Division's team competing on the same day. Per NWAL rules, a swimmer must have swum in at least two (2) dual meets to be eligible to compete at Divisionals. Points are earned for the first six places in each event, including relays. Medals are awarded to the top eight swimmers in each event and ribbons are given for 9th-12th places. Divisionals this year will be in Navasota.

Pentathlon Meet – This meet is held in Northwest Houston on the Sunday following a regular season dual meet. Each swimmer that enters this meet must compete in one event of each of the four (4) strokes and the individual medley. Swimmers must meet the qualifying time for this meet with a cumulative time in all five (5) of those events.

Invitational Meets – These meets are held the weekend after the Divisional meet in the Houston area. They are open to all NWAL swimmers. The only qualification is that the swimmer must meet or better the posted time for the event they wish to enter. The 2006 qualifying times for these invitionals will be posted on our team website and on the NWAL website. Swimmers may qualify at any season meet, including Divisionals.

- The Red, White & Blue Meet – This is a two (2) day meet held in Northwest Houston. 10 and under swimmers compete on Saturday and 11 and older swimmers compete on Sunday.
- Ponderosa is a two (2) day meet that is normally separated by strokes. To swim at Ponderosa your best time must be faster than the cut-off time posted for Red, White & Blue. Once you have achieved a Ponderosa time for an event you are ineligible to swim that event at Red, White & Blue.

TAAF (Texas Amateur Athletic Foundation) – TAAF will hold the Region swim meet at the Bryan Aquatic Center this year on Saturday, July 8th. To be eligible to swim in this meet swimmers must be non-USA 14 and under swimmers from any of the teams in our region. 15 and over swimmers can be USA swimmers and still compete in TAAF. Any swimmer or relay who finishes in 1st or 2nd place in an event automatically qualifies for the State Games of Texas, hosted in Cedar Park in 2006. (If a swimmer who finishes 1st or 2nd declines their spot to the Games of Texas each finisher will move up a spot until there are two (2) swimmers in that event to represent the region). TAAF has adult age groups, including 18-24, 25-39 and 40 and up, and relays for 18 and overs.

MEET ENTRIES

The coaches will determine what events the swimmers will compete in each week. This will ensure the team has swimmers in each race and will maximize our chance for individual and team success. In addition to individual events, up to 4 relay teams can be entered in each age group. The coaches will determine the relays.

If a swimmer will not be competing in a scheduled meet, it is important to notify the coach at least by the Tuesday before the scheduled meet. Please notify the coach in writing by completing the MEET ABSENCE FORM on our website so that the swimmer will not be included in the line-up. (Line-ups have to be completed by Thursday mornings). If a swimmer is a no-show, it can adversely affect the seeding of swimmers or make the other three swimmers on a relay team ineligible to compete.

Teams exchange meet entries the Thursday prior to the Saturday meet. Once these entries are exchanged no additional swimmers may be added to the line-up. We will post the meet entries at the pool and on our team website each Thursday afternoon.

WHAT TO BRING TO A MEET

- Water wear: team swim suit, team cap, and goggles
- Towels
- Shorts, T-shirt and shoes
- Something to sit on (Lawn chair, blanket, pillows)
- Sunscreen and/or umbrella for shade
- Things to pass the time (books, travel games, electronic games, etc.)
- Food and something to drink

ARRIVING AT THE MEET

Be sure your swimmer checks-in with the Team Parent near the entrance of the pool. All swimmers must check-in before the meet's "Scratch Meeting" just prior to the start of the meet.

In the event your child is ill the day of a scheduled meet, please call the Team's Program Manager, Shannon Clark, at 979-776-1155. This allows the coaches to properly scratch that swimmer from their scheduled swimming events of that day.

It is advisable that your child sit together with his/her age group in the designated waiting area. This is helpful in getting the swimmers to the ready bench on time, especially the relay teams. Swimmers are called to line up several events before they actually swim, so they need to be where they can hear the events being called.

It is helpful for parents to buy a heat sheet (usually for \$1.00) to help guide you through the meet. This sheet will give you all the events, heats and times of each swimmer.

All swimmers will warm-up with their coach in lanes according to their age group. Warm-up is especially important at away meets to get the swimmers used to the water and to practice starts, turns and finishes. Swimmers should be dressed and ready to get in the pool promptly—warm up is short and is usually crowded.

Swimmers are responsible for getting themselves up to the ready benches approximately 15 minutes before their event and heat. Once at the ready bench they will be supervised and assisted to their event. Swimmers must keep track of the events being called to be swum and be sure they get themselves up to the block on time!!

After the swimmer finishes his/her event, he/she should always go talk with his/her coach.

Parents – if you have volunteered to help with a job responsibility at the meet please report to your area to help out while your swimmer is warming up.

MEET EVENTS

A meet consists of 78 events alternating between boys and girls. Each event may have more than one heat (group of swimmers). An event is made up of three parts – stroke, age and gender. Swimmers may participate in a maximum of three individuals and two relays, a maximum of five total events. The order of meet events is as follows:

Boys Event	Event	Girls Event
1	13-14 100 Freestyle	2
3	15-18 100 Freestyle	4
5	6&Under Freestyle Relay	6
7	8&Under Medley Relay	8
9	9-10 Medley Relay	10
11	11-12 Medley Relay	12
13	13-14 Medley Relay	14
15	15-18 Medley Relay	16
17	6&Under 25 Freestyle	18
19	7-8 25 Freestyle	20
21	9-10 25 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 50 Freestyle	26
27	15-18 50 Freestyle	28
29	8&Under 25 Breaststroke	30
31	9-10 25 Breaststroke	32
33	11-12 50 Breaststroke	34
35	13-14 50 Breaststroke	36
37	15-18 50 Breaststroke	38
39	6&Under 25 Backstroke	40
41	10&Under 100 IM	42
43	11-12 100 IM	44
45	13-14 100 IM	46
47	15-18 100 IM	48
49	7-8 25 Backstroke	50
51	9-10 25 Backstroke	52
53	11-12 50 Backstroke	54
55	13-14 50 Backstroke	56
57	15-18 50 Backstroke	58
59	8&Under 25 Butterfly	60
61	9-10 25 Butterfly	62
63	11-12 50 Butterfly	64
65	13-14 50 Butterfly	66
67	15-18 50 Butterfly	68
69	7-8 100 Freestyle Relay	70
71	9-10 100 Freestyle Relay	72
73	11-12 200 Freestyle Relay	74
75	13-14 200 Freestyle Relay	76
77	15-18 200 Freestyle Relay	78

RIBBONS AND AWARDS

Each swimmer has the opportunity to score points and win ribbons at each meet. In the weekly dual meets, points are awarded for individual events (not heats) as follows:

- 1st place – 5 points
- 2nd place – 3 points
- 3rd place – 1 point

7 points are also awarded to the winning relay team.

Points are awarded for individual events at the Divisional meet as follows:

- 1st place – 7 points
- 2nd place – 5 points
- 3rd place – 4 points
- 4th place – 3 points
- 5th place – 2 points
- 6th place – 1 point

Ribbons from each meet will be distributed the following week at practice. The top six swimmers place in each event and will receive a ribbon. Also, for every individual event that a Barracuda swimmer improves his/her time, the swimmer will receive a "Personal Best" ribbon labeled with the swimmer's name, date, event and time. (Personal Best ribbons will be awarded after a swimmer has legally swum an event two times. The first time they swim the event will establish their time, the second time will show the improvement).

All 6 and under swimmers will receive a blue heat ribbon at the end of their race and at all regular season meets each swimmer 7-10 years of age will receive a heat ribbon for winning their heat. Relay teams will not be awarded heat ribbons.

At the end of the season there is an awards ceremony. Barracuda trophies are awarded to each child who competes in at least three (3) meets.

GLOSSARY OF SWIMMING TERMS

Block—The starting platform.

Bulkhead—A moveable wall, to divide a pool into different courses, such as a 50-meter pool into two 25-yard courses.

Circle Swimming—Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to safely swim in each lane.

Cut—Slang term for a qualifying time. A time standard necessary to attend a particular meet or event.

DQ—Disqualification. This occurs when a swimmer has committed an infraction of some kind (ex. freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Drill—A teaching exercise involving a portion of a stroke which is used to improve technique.

False Start—Occurs when a swimmer is moving before the start is sounded.

Flags—Backstroke flags placed 5 yards from the end of the pool. The flags enable backstrokers to execute a turn safely and more efficiently.

Goal—A specific skill or time achievement a swimmer sets and strives for. Can be short or long term.

I.M.—Short for Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Meet—Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer races against the clock to determine improvement.

Official—A judge on the deck of the pool at a sanctioned competition who enforces NWAL Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

Pace Clock—Large clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

Q-Time—Qualifying time necessary to compete in a particular event and/or competition. Also known as a cut.

Relay—An event in which four swimmers compete together as a team to achieve one time.

Scratch—To withdraw from an event prior to it being held in a competition.

Short Course—A pool 25 yards or meters in length.

Split—A time recorded from the official start to the completion of an intermediate distance within a longer event. Also the time for one of the four individuals in a relay.

Sprint—Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

Streamline—The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

Time Standards—Performance requirements to enter a swimming competition.

Time Trial—A time-only swim, which is not part of a regular meet.

Warm Down—Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

Warm Up—Low intensity swimming used by swimmers prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

Watches—Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.